
WHO ARE YOU?

YOUR LAUNCHPAD TO A MEANINGFUL
LIFE.

BY EVELYN AGHATZ



WHO ARE YOU?



Is there a more important question?

Basically everything we do, and every decision we make comes back around to the central idea of who we are, and who we want to be.

I believe we can't grow until we know who we are, where we are at, and then identify goals to move forward.

*The core of our very selves is the answer of this question- yet so many of us can't or more likely, **don't know how** to answer it. So, in my opinion, before taking any further steps to grow, we have to find the ever-changing, but also oddly consistent answer of who we are. And I'm here to help you do just that.*

NEXT STEPS:

If you want my advice and explanation, keep reading. If you want to skip ahead, you'll find the formula for self discovery on the last page.

If you have big dreams and goals for the future, want to grow as a person, strive to make a difference, etc., it's not an option, but a necessity to understand yourself and identify where you currently are. Just as you can't plan a route on a GPS without your present location, it's tricky to plan your life, or who you want to be, without knowing who you are.

*There are multiple different ways of finding the answer to the vital question: **who am I?** I'm going to walk you through two bases (starting points), give my opinion, and then let you evaluate on your own.*

BASE 1: THE SPIRITUAL SIDE

Once you enter into a relationship with Jesus, you have found your identity. It has been changed. You are a new creation. You no longer have to dwell on the past, God is doing a new thing! Maybe your old self identified as abandoned, unloved, used, depressed, or so on. God gives us new identity, while making us completely unique and true to the person He created us to be.

Once we meet Jesus, we have met hope. This person we are is better than anything we could've been on our own. We have new potential, opportunity, hope, and identity. We've started the path of the best version of ourselves- becoming more like Jesus - becoming more like love.

We need to know who we are in Christ, and then who God designed us to be, or we will never unlock our full potential.

Let's look at it together:

WHO ARE YOU IN CHRIST?

- You are a new creation.
- You are loved- without limit.
- You are **free**- from sin, anxiety, depression, and addiction.
- You are taken care of.
- You are full of power.
- You have the mind of Christ.
- You have the wisdom of God.
- You have a best friend- forever by your side.

BASE 1: YOUR INNER BELIEFS

If you're interested in growing, looking for a life that is impactful, fulfilling, and meaningful, this is your first stop. Before even answering the questions that help us understand ourselves better, we have to uproot the negative beliefs we hold close. We have to uproot the lies we have once believed about ourselves, told ourselves, or accepted from others. We have to not only address the past in order to move forward, but begin to heal from it.

Let's look at it together:

WHO DO YOU BELIEVE YOU ARE?

WHAT IS TRUE:

- *You are not your failures.*
- *You are not the bad that has been done to you.*
- *You are not what has happened to you.*
- *You are not your past.*
- *There is hope for your future, a better future.*
- *You are a unique, special, and important person.*
- *You are lovable, even if you don't "feel" like it.*
- *You have a purpose to be here.*

**“UNTIL WE ASK THE RIGHT QUESTIONS, WE
WILL NEVER GET THE RIGHT ANSWERS.”**

2: MY JOURNEY TO FINDING WHO I AM

These questions are open ended. They are for you. They will begin to teach you how to evaluate yourself, how to lean in, learn more, and grow more. These are only the first steps of understanding ourselves. Don't get overwhelmed. Take a deep breath before you start. We're in it together.

- **What am I passionate about?**

- **What makes me feel most like myself?**

- **What makes me feel most at home?**

- **What makes me angry? Why?**

- **What is a thought that is constantly running in my head? What belief drives that thought?**
- **What has hurt me the most? Why?**
- **Where do I spend most of my time?**
- **What breaks my heart?**
- **What is a prayer I desperately need answered?**
- **When have I felt heartbroken? Why?**

- **What are five words that describe me?**

- **Where do I see myself in five-ten years?**

- **Who do I want to be?**

- **Who do I want to help? Why?**

- **Who would I say, I am?**

EVELYN'S TIPS:

- *Take time answering. Set a timer for each question so you don't rush through.*
- *You can do this on a surface level, but I challenge you to open up and dive deeper. **Let yourself be vulnerable.***
- *Don't brush past these little steps, they help us become who we are made to be.*
- *Don't stop here. Make your own questions. Ask yourself these again in a week, or a month. I re-ask myself the same questions often, not only to change my focus but to make sure I stay on my path.*